

—COMMUNICATION SYSTEMS

—DEATH, TRANSFORMATION AND SECURITY

INTRODUCTION: This is Robert Monroe, with another report from our Explorer files. After reading a number of the comments we received, we became aware that most of you did not truly know the conditions under which these recordings were made. Here is the setting.

The Explorer is lying down in total darkness in a special isolation booth in our experimental laboratory, usually on a temperature-controlled waterbed. The booth itself is acoustically treated to reduce external sound. Also, it's electrically shielded to filter out most electromagnetic radiations. A portable radio simply won't work in the booth. Temperature and air are controlled both manually and by automatic servo mechanisms. The negative ionization of air is often used.

The Explorer has a sensitive microphone close to the mouth. Around the head is a band of electrodes to monitor brain wave patterns. Other electrodes are attached to hands and feet. These measure body voltage and the wave form variation at the microphone level. Additional electrical contacts on various body parts examine heart, lungs, pulse, and other body activities.

Our Explorer is wearing a modified set of headphones to give broad frequency sound in each ear. Thus, she can hear us, and we can hear her. I or another monitor is sitting in a control room nearby. And we feed different types of audio

*hemispheric synchronization signals directly to the subject. After a suitable time and suitable exercises, here is what happens, as ROMC reports:*

EXPLORER (ROMC): I heard... it's like a voice... it is the same type of thing that happened before... it said something like... we are working in a very delicate wavelength and... They want me to sort of get completely blanked out at this end and to try to pick up this dictation... the voice describes it as a very delicate wavelength, and that I must try to report as it comes through, and I found myself struggling and resisting, and pretty soon I heard it again say that I must begin or else we are going to lose contact. There is some way that, as I repeat this, the voice keeps the energy flowing... to continue this contact with this flow... so I'll see if I can get back into this flow... and hear what is being said...

MONROE: Just relax and go with the flow.

(Energy-being enters ROMC's body.)

ENERGY-BEING: We want you to begin this conversation so that the flow will continue. It is important to get this flow to build up the energy level. The voice has a special energy and, as this energy is projected and utilized, this helps in keeping the flow continual.

We want to describe the different processes by which and through which there is communication. The basic form of communication is on a wavelength which is of a very high vibration on the Earth level. The communication that takes place between the minds of those who are in the Earth

atmosphere is on a wavelength that is different than the communication that takes place from the levels beyond the Earth's atmosphere. There are various means and various levels, and we want to discuss this, and the Earth's atmosphere.

Thoughts that come from the human mind are working on a certain rate of vibration, and, as they produce energy and come into being, they are immediately dispersed into the atmosphere. The thought-waves themselves are of an extremely high frequency, and once they are released from the source it is possible for the thought-waves to travel in a limitless way... However, there are limitations, as we will discuss.

The thought-waves of the human system depend upon the nature and the make-up of the energy within the human system. Basically, the human system is the same, however, the use of the mental energy can make the difference. There are many factors which can influence the free flow of energy. The thought energies are controlled and limited by the limitations that the physical system puts upon itself. This, we will describe.

Within the human system, there are five levels of consciousness —this is one way that we can describe it. There is —we shall speak in terms of the *mental level*— the pure mental state.

The *pure mental state* is that state which is the very basis from which the thought originates. And then, there is another level which the mental level has to work through. This one considers the *emotional level* of the being, and is the make-up of all the past experiences within the full gamut of experience of the soul. The third level is the *physical level*

—of a human system— and the last two are the *etheric levels* of the more etheric system of the energies that are related to the energy basis within the physical body.

There are five energy bases within the physical body, and this is a very delicate system, one which controls all the five major portions of the communication system. The central system is controlled in the mind. Therefore, this is why there is such a variance as to how effectively a human being is able to communicate and use this system. As you are aware, on the Earth level are elements of top quality which are used most efficiently. However, there are those that are built of inferior quality, and therefore, are not being utilized to their full potential. Therefore, the human system varies because of the use of the vessel...

Souls who are in the highest form of ability to communicate through the clearest channels are those that are in a balance from the internal levels of the full system —where all systems are go.

There is a possibility of a clear communication taking place between the mental states and the Earth level. This has a great deal to do with the ways in which the mind has been trained. When a mind has limitations put upon it, or when thoughts are put into the mind that there are limitations, then there are limitations, and therefore, this is why it is very important to re-educate the human race to the uses of the full potential of the human communication system. When the mind is aware that there are no limits put upon it, and can understand the full potential and uses that can be made of it, then the flow is much more rapid. This is why it is important to re-educate the human race to the under-

standing that there are absolutely no limitations as to how and where the communications can take place. The human mind is capable of traveling to the farthest depths of all types of universes and to tap into every possible type of knowledge that exists, because, at the base of each human system is the very principle of the *universal knowledge*, and each human system is capable of tapping into that source which is its very being. When this knowledge is revealed and understood, the human soul, the human mind, then, is freed to begin exploring the inner and outer depths of all possible universes.

We can see here the importance of the work which you are doing, because you are allowing the human mind, the human soul, to flow in its own freedoms, and to explore that which it really is. As a result, there is that discovery that there are no boundaries... The body is in no way a boundary. It is just an encasement, a storage place for the human system to get regenerated, to utilize the energy, and then to travel in all directions.

An extremely important factor in this communication process that we would like to stress is that all systems must go. The balance within these five levels in the human system helps to create better forms of communication. When one level is not flowing correctly —as for the emotional level— this can block the communication process of mind-to-mind, or mind-to-matter, or mind-to-outer forms of communication. As well, when the physical is not up to par, there is a low ebb of energy, and this is also a blockage of the communication system. If the five main energy points within the system are not in balance, this also can create a blockage in the flow. When the system is at its balance, however, there are

different means whereby the communication can take place, because the mind can go into various levels, taking with it different aspects of the human consciousness —as in the travel out of body.

There are different levels whereby a soul, a mind, a being, can travel into other dimensions, and this will depend on the delicate balance or the vibration that the system is on at the time. It is important, for the knowledge to be released, for each being to tap into this knowledge and into this flow in different forms. There is not one set pattern whereby a soul will travel. This is why it is always important to clarify: each soul has its vibratory rate and there are many ways to tap into knowledge, and it should always be clear that, just the thought of a soul traveling out of body is a limiting factor. You, of course, are aware of this, because you work... the way in which your system is set up... and you travel with all five dimensions working for you in different patterns, and others will travel with different dimensions of themselves working at different levels.

There are those who are able to travel into the pure mental realm and can travel with no limitations, as well as traveling with the more intricate aspects of the system. This is important for the human consciousness to be aware of, in the whole communication process... We are speaking in terms of the relationship on the Earth level of the mind traveling into the atmosphere of the consciousness level where it can tap into matter. This is just the Earth level. This is where a thought can travel from the mind of one being instantly into the mind of another. The thought transference is an energy of a certain rate of vibration. This also works on any level of the communication in the first level of

communication of the Earth. Now, there are those who are able then, to receive information and communication in a different way than others, because of the nature and the way in which the human communication system is set up. This is why there are —if we step into the second level of communication, that is where the communication process will come— from a dimension beyond the Earth level and the Earth's atmosphere. And this, then, is on another rate of vibration.

Every human system is able to pick up these vibratory rates. However, because of limitations put upon these five various levels within the human system, this can create blockages in communication. Therefore, again, it much depends upon the thought-forms of the basic system as to having the channels open, to pick up the communication in the atmosphere. It is like having a one-way or a two-way radio, and those very delicate systems that are more attuned can become the two-way radios where they are able to tap into all forms of knowledge and travel into a limitless atmosphere. As they are in balance, they are able to receive the communication flow from all levels or from levels beyond the Earth atmosphere. This is what is happening in your system: you are open and allowing the human system to open the two-way contact. This is very important because you are not putting limitations upon the type of communication that takes place, and this is very commendable. We add that you must continue to emphasize the importance of the fact that each system has very special points and very special creative factors...

There is nothing that is more fantastic than the human system. There is nothing that the mind can create that can outdo the human system. No machine that is created has more of the built-in faculties than this amazing system that has all the

levels of energy and the most etheric points of vibration and *light-that-travels*... It is difficult in the use of terms, but we shall say... we will use the term *light-vibration*, because these thought-forms that travel out of the human system travel rapidly into all levels.

We, on this side are able to pick up much more readily all that happens on the Earth plane, because the vibrations through which we work are on an extremely high level. We are not limited by physical matter and by the vibrations of the Earth plane. This is why you can at times tap into all areas in the Earth plane, and are able also to work in a communication system to help those on the Earth plane become more aware of the potential which they are working with.

We are explaining this in simple terms because it is something that is understood by some. There are many, however, who do not believe in the potential of the human system. The problem as it stands now on Earth is that many are continuing to try to prove that such a level of communication, where the mind is not limited, does exist. But spending the energies always to prove and not to believe and moving from there into the outer limits is much of a waste of time. Always working to prove is fine in itself but it is a very slow process, because in working with the concept of proving every step, limitations are put upon the human system.

There is so much that is unseen, unfelt or not experienced through the five senses. You must step much beyond, and believe and operate beyond the five senses to operate on the frequencies that go beyond. Thoughts cannot be seen, but it is definitely known that thoughts exist, because the energies that they produce are definitely there. Therefore, to work on



the assumption that there are no limitations in the human communication system releases an important flow of energy. It is therefore important to stress this in your whole system of training.

Those who allow themselves to go into the free flow of their own existence, and to know that there are no boundaries of the human mind, the human soul, or the human self, —however you want to put it— those are the ones who are going to have the greater experiences and understanding, and receive the two-way systems of communication and knowledge. Those are the exploring souls who are always open to the knowledge and who are open to new experiences, and are not limiting themselves to the old ways of thinking and the old ways of experiencing and being. This is the nature of the *New Man*. The man in the *New Age*... It is not an age; it is a state of consciousness. A new state —we shall say new-old state— is that consciousness which is within Man, but which is released. As you speak in terms of a *New Age*, it is a released state of consciousness, and those who are going to be on top of it all and who will truly be in touch will all levels of communications, are those who are in the flow of their own existence.

As these souls get into the flow of their own existence they will get into the flow of all levels of communication. There are millions of levels of communication right within the human... the first dimension of the physical... and these souls that are in the flow of their own being will get into a two-way communication with all levels, right with the first dimension.

As there is an opening-up, there is a limitless atmosphere and a limitless universe to be explored. And we say that

those who live in the *New Age of Consciousness* are living in the higher form of vibration and living in the highest level of their own being. These souls know that there is not time, that the self is never limited by the physical. These souls who are in this flow and attunement know that there is no such thing as death. Death is merely a word created in the physical language to describe something that Man does not understand, and therefore, death is merely a word that describes; a word that is a limitation; a word of limitation put into the human language. But those souls and those beings who get into the higher flow of their own consciousness know that there is never such a thing as what you would term, *death*.

*Death is where there is a standstill.* This is the true explanation, because there is nothing that is ever destroyed... Nothing ever dies, so to speak... it is only transformed. Everything is just transformed into different rates of vibration. Therefore, the word *death* is an entity in itself, merely a word created by Man to describe something which he does not truly understand.

Those souls who are truly in the flow, and alive, know that death is merely a transformation. We would like to clarify this so that, as you continue to work with the meaning of this word, you do not allow yourself to be bogged down by concepts, because concentrating too much on a concept can be limiting. It is most important, in Earth life, to be alive and in the flow of one's own existence, and to experience this higher level of one's own nature.

MONROE: Thank you very much. It would be very useful if you could explain to us this process of transformation that takes place when the physical body is no longer habitable, and where the human transfers, and what happens at that point.

ENERGY-BEING: When this process of transformation —this is the best term, to speak in terms of *transformation*— when this process takes place, it is a shifting of the basic energies from the home base which is in the physical body, and therefore, when this physical body is to be transformed into other matter on the Earth level, then the base of the human self shifts from this into its higher form. It is always in its highest form within, but it shifts in vibration, and then is in the released state of vibration.

At this point, different matters will influence the soul, because those souls who are not balanced and are held down by strong emotional vibrations can be attracted to the more dense vibrations of the physical, and therefore be held down into the Earth level. This is why there are souls that, through emotional experiences, are not balanced and stay more in the physical realm. They may not necessarily be seen with the physical eye, but often their presense is experienced, and this can happen within all levels of human experience. A strong emotional state can hold down a physical body.

There are different levels to which can move the more etheric self that has gone from the physical level of vibration into a higher rate. This is a rate of vibration that often those in the physical body cannot see and experience unless they are in a higher attunement. This is why there are many souls in the physical body who, as they get into a higher rate of attunement, can travel into any dimension and visit with loved ones on a different rate of vibration. Therefore, when the body is dropped, the self is then attracted to the next level of dimension where the vibrations settle, so to speak. Of course, this will depend on the emotions and thought-forms that one harbours at the

time of transformation. Souls who have preconceived ideas and thoughts put into the mind as to where, and when, and how they are to be once they drop the physical body, will experience just that, and be that until they are educated and understand that they do not have to stay in that state.

Souls who harbour such preconceived ideas and thoughts may find that their emotional body is held down by the more dense physical vibrations. Those in the mental state may also be held down or be attracted by the minds of others on the Earth plane who concentrate upon them and hold them down. Therefore, there are those who choose to stay around until they are released.

The power of the mind is so amazing... if the human self could truly understand the great power of the human mind... Souls who in the next state are free emotionally and mentally are then released into a higher rate of vibration where they are not caught into emotional or thought-form existences where they have to live through certain experiences. In attaining a higher level, the freer souls who are balanced and do not have preconceived ideas as to what and where and how they are to exist, flow into the higher rate of their own vibration and are able then to live in a more pure light-form.

There are many governing laws in the universe. For example, the like-attracts-like principle is very important in this whole process, because those who harbour the same thoughts will be attracted to each other. This is why there are many of the religious groups who are raised in a certain thought-form, and when they drop the body, they continue to stay together in that thought-form, and feel perhaps they are the

only souls who are in... what you call *heaven*... It is just that same process on Earth where like attracts like, and souls are attracted to each other by their vibrations and their nature until they realize that they are imprisoned in their own thought and emotional forms. For this reason, many beings from the higher levels are continually working to help release souls from the physical, mental and emotional thought-forms that can confine...

There is nothing that confines. The physical body does not confine, the mind does not confine, nothing confines other than that which the humans put upon themselves. The confinement, the imprisonment, is a self-made aspect of Man's nature and no one should ever be blamed for in a confinement, because each soul is given complete freedom to be its highest nature.

Many loving souls are continually working on all levels to help every energy-being to be released into its highest self. This is why, from the Earth level, you have been receiving training of the various dimensions and levels within the «life after»... but you must know that that «life after» is the life that is there *now*. There is no «before» or «after»; there is really only that experience of the *eternal now*. That existence which you are at this moment is the true nature of your being in its form. It is not necessarily in its released state, but the potential of that released state is right there. So life after death is life that is now; because there is no «after». If there is no «death», so to speak, there is no «after»; there is merely the existence of the *now*. Therefore, the souls who get into the flow of their own energies can experience *timelessness* more continually in the Earth plane, as the experience of *timelessness* is

that state where the soul is able to rise into the higher aspects of its own balanced energies.

One of the highest laws is the *Law of Cause and Effect*; and it is important for souls to know that that which they create around themselves will be the effect in which they will continue to live. Each soul must try to be aware of the fact that there is no one in the universe to be responsible for other than the self... If each soul, each light-being, each energy-being that inhabits a physical body would realize as well the important universal *Law of Responsibility*...

The *Law of Responsibility* means that the main responsibility given to each being is that of the self; and this is why it is said that when one is able to love the self, one is able to love all. This is an important universal law. When the soul takes the complete and absolute responsibility of its own being, it then will affect many other lives.

However, because there are many souls who are out of balance and who try to affect many others without having taken responsibility of their own being, a great imbalance takes place in the universe. Such beings may, in such case, magnify their ego and say: «I am perfect; I must show my brother how to live.» But this is a reversal of the law as it is to be used. There is no responsibility to another other than that great responsibility that one must take in getting himself into the highest form, attunement and balance. Then, when the energies are flowing, there comes the great *love energy*, and the mental, emotional and physical energies become balanced. There is also attunement, not only to all forms, but inner attunement within the self.

As a result of taking the responsibility of the home base, taking the responsibility of self, then the effect begins to take place in the universe where other souls can see themselves... because of the reflection of a soul that goes into its attunement and takes complete responsibility within its own universe, so to speak.

The great being, the highest light-being who stepped upon the Earth —Christ— came to show to Man that there must be that responsibility of the self, the responsibility to go within and to get into the highest attunement from within one's own source. As a result, many souls are affected, and this is why you study the life of this great being who had no needs —not the great physical needs as many now know, and who build around themselves false securities.

When a soul is in its own balance of responsibility for its highest nature and attunement, from the very home base of the self that is centered in the heart, then the universal *Law of Attraction* applies. Much is affected as a result of a being taking full responsibility for itself, and therefore, many, many souls then can see the light.

Letting that light so shine is most important, and not the deeds that are done in trying to receive recognition of any kind. Souls who are truly in balance and attunement, and who are working in the right mode, in the right areas of responsibility, will not need the outer recognition, the outer energies, or the outer material in order to get a type of security.

There are no securities in the human world because everything is movement. Anything that a soul tries to hold on to is a

false security which will result only in disillusionment. Souls should rather put their security needs strictly within that highest god-nature, into the god-of-the-universe that is tapped into through going within the self. These laws are the most important laws to remember: the *Law of Balance*, the *Law of Attunement*, and the *Law of Love*.

END OF RECORDING

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